

NASA 2026 SHORT COURSE COMPETITION - 19th September 2026							
QUALIFYING TIMES							
OPEN/BOYS							
	10/11YRS	12YRS	13YRS	14YRS	15YRS	16+YRS	
Freestyle	00:29.9	00:28.4	00:26.1	00:24.5	00:23.1	00:22.0	Upper QT
Breaststroke	00:39.3	00:34.0	00:32.8	00:32.3	00:30.5	00:28.9	Upper QT
Butterfly	00:33.6	00:30.7	00:28.1	00:26.3	00:23.8	00:23.2	Upper QT
Backstroke	00:34.4	00:32.7	00:28.7	00:27.7	00:25.7	00:24.6	Upper QT
IM	01:14.9	01:12.0	01:05.2	01:02.5	00:58.4	00:56.0	Upper QT
GIRLS							
	10/11YRS	12YRS	13YRS	14YRS	15YRS	16+YRS	
Freestyle	00:29.0	00:28.0	00:27.5	00:26.1	00:26.9	00:25.1	Upper QT
Breaststroke	00:38.3	00:36.7	00:34.8	00:32.4	00:33.3	00:32.0	Upper QT
Butterfly	00:32.0	00:30.8	00:28.4	00:29.0	00:28.4	00:27.3	Upper QT
Backstroke	00:32.7	00:32.2	00:30.7	00:30.1	00:29.4	00:28.5	Upper QT
IM	01:14.7	01:12.0	01:09.1	01:06.7	01:06.6	01:03.5	Upper QT
TIMES TO HAVE BEEN ACHIEVED SINCE 1ST JANUARY 2025							
V1.0 - 04/07/2026							

QUALIFYING TIMES	
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OPEN/BOYS

	10/11YRS	12YRS	13YRS	14YRS	15YRS	16+YRS	
Freestyle	00:29.9	00:28.4	00:26.1	00:24.5	00:23.1	00:22.0	Upper QT
Breaststroke	00:39.3	00:34.0	00:32.8	00:32.3	00:30.5	00:28.9	Upper QT
Butterfly	00:33.6	00:30.7	00:28.1	00:26.3	00:23.8	00:23.2	Upper QT
Backstroke	00:34.4	00:32.7	00:28.7	00:27.7	00:25.7	00:24.6	Upper QT
IM	01:14.9	01:12.0	01:05.2	01:02.5	00:58.4	00:56.0	Upper QT

GIRLS	
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100	100

	10/11YRS	12YRS	13YRS	14YRS	15YRS	16+YRS	
Freestyle	00:29.0	00:28.0	00:27.5	00:26.1	00:26.9	00:25.1	Upper QT
Breaststroke	00:38.3	00:36.7	00:34.8	00:32.4	00:33.3	00:32.0	Upper QT
Butterfly	00:32.0	00:30.8	00:28.4	00:29.0	00:28.4	00:27.3	Upper QT
Backstroke	00:32.7	00:32.2	00:30.7	00:30.1	00:29.4	00:28.5	Upper QT
IM	01:14.7	01:12.0	01:09.1	01:06.7	01:06.6	01:03.5	Upper QT

TIMES TO HAVE BEEN ACHIEVED SINCE 1ST JANUARY 2025

V1.0 - 04/07/2026